Women's Health And the Armed Services

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Women in Armed Forces

- pregnancy
- preventative care

Pregnancy is not A disease!

Pregnancy

- First trimester
- Second Trimester
- Third Trimester

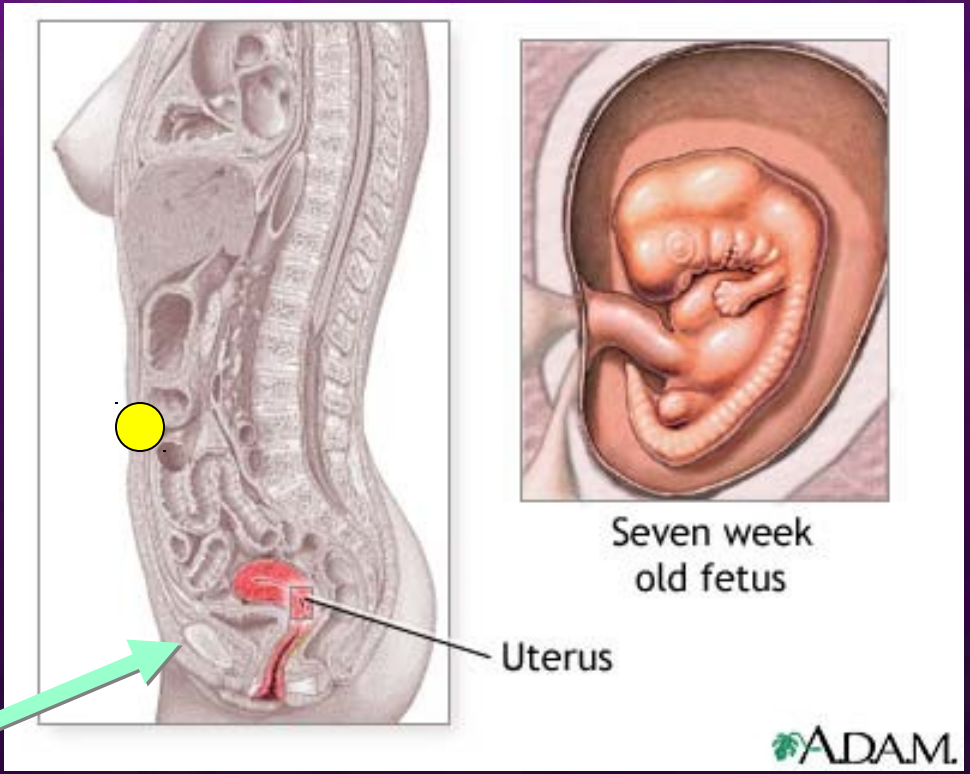
Pregnancy Requirements

- routine prenatal care
- adequate nutrition
- appropriate exercise
- timely counseling
- childbirth education
- lactation consultation

First Trimester Management:

(visits every 4-6 weeks)

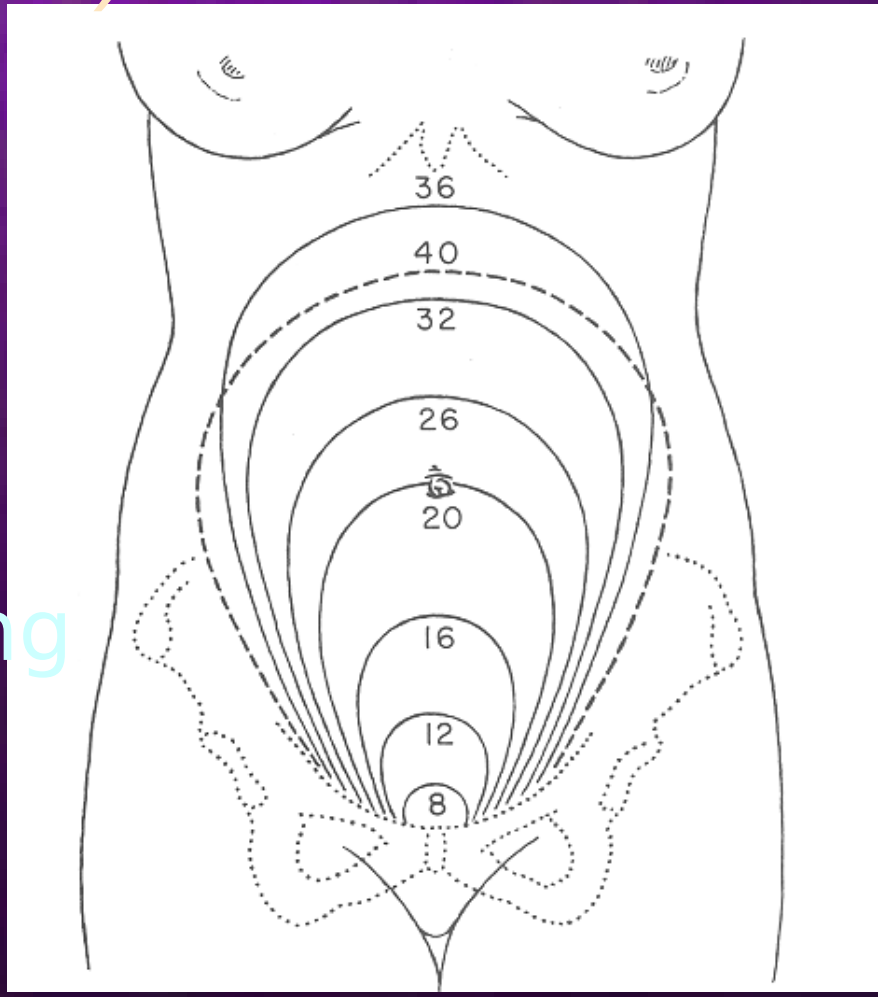
- complete health assessment
- physical examination
- education
  nutrition
  exercise
  general health
- vitamins
- iron
- warning signs



Second Trimester Management:

(visits every 4 weeks)

- vital signs
- maternal weight
- fetal heart tones
- fetal movements
- metabolic screening
- hematologic screening
- risk assessment
- risk screening
- fetal position



Third Trimester Management:

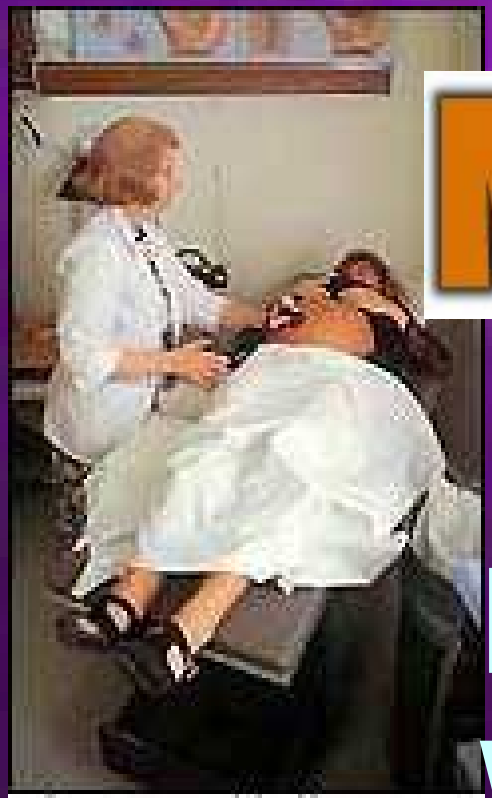
(visits every 2 weeks then weekly)

- vital signs
- maternal weight
- fetal heart tones
- fetal movements
- metabolic screening
- hematologic screening
- risk assessment
- risk screening
- fetal position
- cervical examination

Post Partum Management:

Six weeks post-partum

- comprehensive exam
- Pap smear
- nutrition counseling
- lactation counseling
- contraception counseli
- risk screening
- exercise counseling



A nurse-midwife examines Betty Crumb at Womack AMC.

MOTHERS IN TRAINING

Pregnant Soldier Wellness Program

For women at low risk

Soldiers at Fort Bragg stretch as part of Womack Army Medical Center's Pregnant Soldier Wellness Program.

Pregnant Soldier Wellness Program

Based on health education
And physical exercise

- reduced alcohol, tobacco and caffeine us
- reduced cesarean section rate
- improved performance on annual PFT
- improved post-partum height/weight req
- no adverse effects on fetus/newborn
- reduce occupational fatigue

Gilcreast D, et al HCR Reference : 00011, 1999

Preventative Care:

Preventative Care:

18-39 years

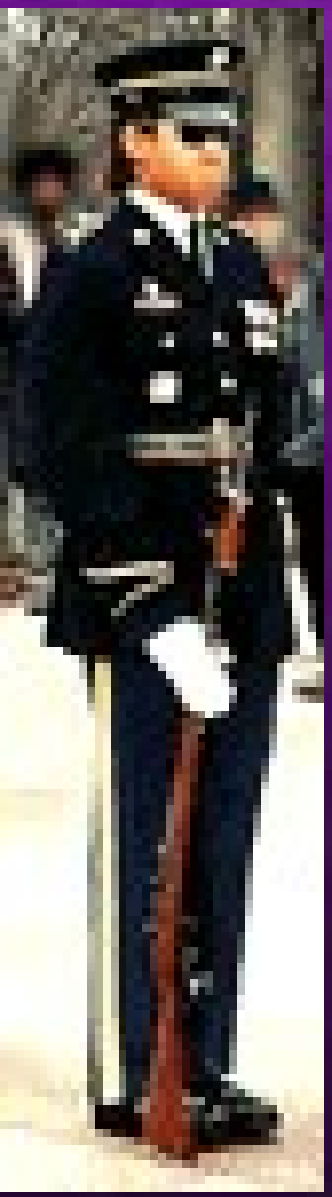
Annual examination: (including Pap smea
breast exam, and screening labs)

At 35 years

Annual examination: (including Pap smea
breast exam, and screening labs)
+ screening mammography

40-70 years

Annual examination: (including Pap smea
breast exam, and screening labs)
+ annual mammography



Women in Armed Forces

- comprehensive care
- comprehensive education
- awareness of gender difference
  in disease symptoms
  in response to medications

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